

Home • SAFE • Home



BEDROOM NURSERY BASEMENT KITCHEN BATHROOM FIRE SAFETY
ELECTRICAL SAFETY STAIRS FIREARM SAFETY THROUGHOUT THE HOUSE
GARAGE BEDROOM NURSERY BASEMENT KITCHEN BATHROOM
FIRE SAFETY ELECTRICAL SAFETY STAIRS FIREARM SAFETY
THROUGHOUT THE HOUSE BEDROOM NURSERY BASEMENT KITCHEN
IN THE YARD FIRE SAFETY TIPS FOR SMALL CHILDREN NURSERY

A Home Safety Checklist

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This is a booklet of checklists. You can use it to check your home for safety and environmental hazards. Some of the items are actions you can take, and some are about the safety of appliances and other devices you use every day. Follow as many of these tips as you can to reduce your risk of injury or illness. Tips range from mold, fire and pests to injuries, poisonings and falls. Some tips are organized by room, while some are by hazard. For more information, call the New York State Department of Health toll-free at 1-800-458-1158.

IN THE KITCHEN

- ___ Avoid loose, flowing clothing while cooking.
- ___ Wash your hands thoroughly with soap and warm water (for at least 20 seconds) **BEFORE** preparing food; and **AFTER** using the bathroom; handling raw meats, eggs and other foods; changing a diaper; and handling pets.
- ___ Make sure your work area has direct, even lighting: over the stove, sink, and counters, and especially where food is sliced or cut.
- ___ Keep knives sharpened and store these and other sharp objects out of children's reach.
- ___ Make counters and food preparation surfaces easily cleanable. Replace cutting boards when they get worn or have grooves (which don't clean well). Wash items used for preparing raw meats (surfaces, dishes, sinks, utensils) before using them for other foods. Sanitize them with a mixture of one teaspoon of liquid bleach for every quart of water.



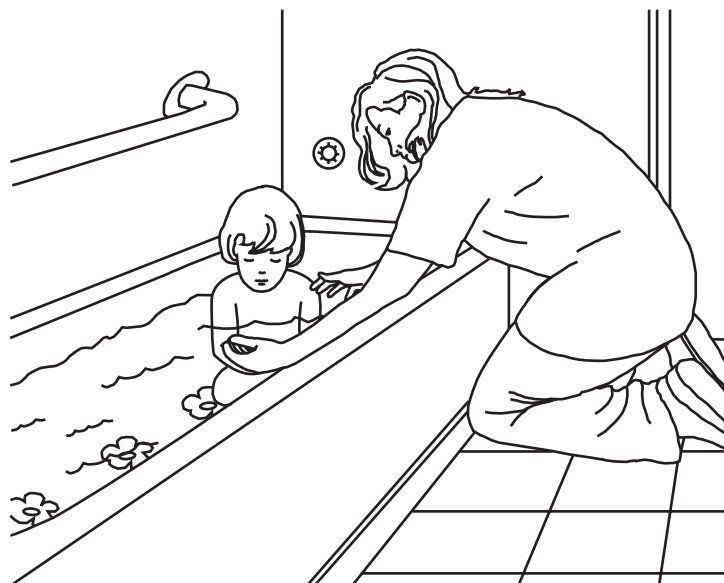
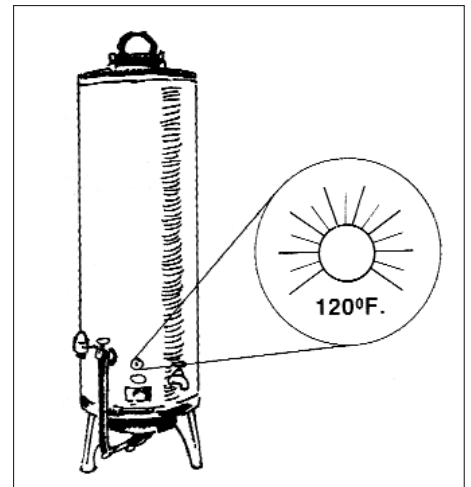
- ___ Keep cold foods cold, and serve hot foods hot. Refrigerate leftovers within two hours after cooking. Every week, toss out leftover foods from your refrigerator.
- ___ Use refrigerator and meat thermometers to check temperatures of stored and cooked foods (you can't tell whether meat is done by the color of the liquid! Sometimes even clear juice comes out of meat that can make you sick). The temperature in your refrigerator should be 40°F or less. Cooked foods should reach the temperatures listed below:

POULTRY	165°F
LEFTOVERS	165°F
GROUND BEEF	158°F
PORK	150°F
EGGS	145°F
OTHER FOODS	140°F

- ___ Consider using and disposing of paper cups after each use to prevent the spread of germs, especially when someone in the house is sick.
- ___ Use an exhaust fan over the stove to vent moisture and cooking odors (fans that vent outdoors work best, if they are allowed in your community).
- ___ Turn pot handles toward the back of the stove, away from burners when cooking.
- ___ Keep oven mitts and towels away from cooktop surfaces.
- ___ Keep hot liquids (cups of tea, coffee, etc.) out of children's reach.
- ___ Avoid storing items over or near the stove that might attract children (candy, cookies, etc.).
- ___ Keep appliance cords away from the sink and stove, and do not use extension cords in the kitchen. Unplug countertop appliances when not in use.
- ___ Make sure there are no leaks in your plumbing.
- ___ Use ground-fault circuit interrupters (outlets with reset buttons) for electric outlets near the sink.
- ___ Set the hot water temperature at 120°F to reduce the chance of burns, but still kill germs when cleaning dishes. If higher temperatures are used, consider an anti-scald device.
- ___ Store cleaning chemicals separately from food, and out of children's reach, or in cabinets secured with child safety latches or locks. Keep chemicals in their original containers, and never put them in plastic food containers.
- ___ Make sure high chairs are stable, with a wide base and a tray that locks securely.
- ___ Use a stable stepstool with a handrail for reaching high shelves.
- ___ Caulk or seal cracks to prevent pests from entering.
- ___ Store trash in a covered container inaccessible to pests.

IN THE BATHROOM

- ___ Use grab bars and non-skid mats in bathtubs and showers.
- ___ Always watch young children when they are bathing.
- ___ Unless you can ventilate by opening a window, use an exhaust fan to remove moisture from the room.
- ___ Promptly repair any plumbing leaks, and seal or caulk cracks.
- ___ Avoid scalds by setting the hot water temperature to 120°F or using an anti-scald device in the bathroom.
- ___ Unplug small electrical appliances such as hair dryers, shavers, curling irons and radios when not in use, and be sure they are not used near water in sinks or tubs.
- ___ Use ground-fault circuit interrupters (outlets with reset buttons) for electric outlets in the bathroom.
- ___ Clearly mark all medicines and store them in the containers they came in.
- ___ Be sure all medicine bottles have child-resistant caps (ask for specially designed, easier opening caps if you have trouble opening these bottles).
- ___ Store medicines and vitamins beyond children's reach, and dispose of them properly when outdated.
- ___ Install and use a night light.

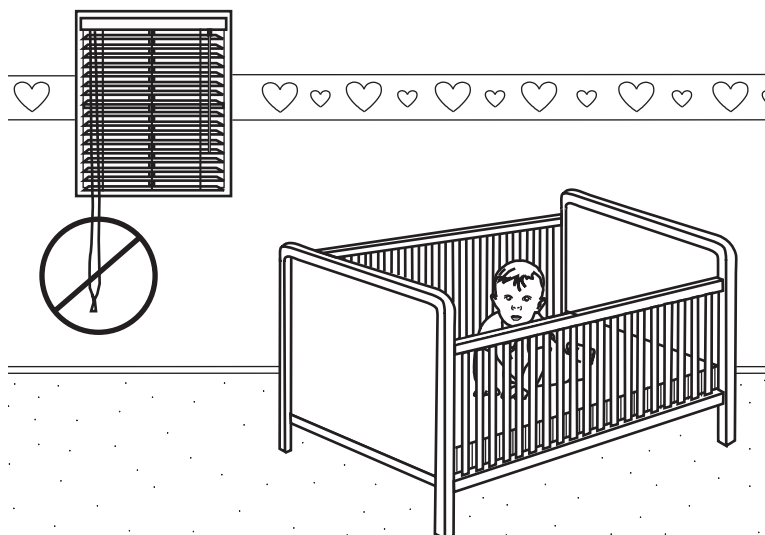


IN THE BEDROOM

- ___ Place lamps, light switches or flashlights within reach of each bed.
- ___ Keep a telephone next to the bed, with emergency numbers (doctor, police, poison control center) on or near the telephone.
- ___ Keep fire sources, such as ash trays, smoking materials, heaters, hot plates, etc., well away from beds and bedding.
- ___ **NEVER** smoke in bed!
- ___ Do not cover or fold electric blankets when using them. "Tucking in" an electric blanket can cause heat buildup and start a fire.
- ___ Place carbon monoxide and smoke detectors near the bedrooms in each separate sleeping area in the house.

IN THE NURSERY

- ___ Only use cribs with slats no more than 2 and 3/8 inches apart, and with no missing or loose slats.
- ___ Check older cribs for lead paint, and only use them if there is no lead.
- ___ Check the crib mattress for a snug fit: no more than a two finger gap should be present between the mattress and railing.
- ___ Make sure the corner posts are flush with the side rails .
- ___ Place cribs away from drapery cords or venetian blind cords to prevent strangulation.
- ___ Do not use pillows. Place an infant on his or her back for sleeping or on the side, not on the stomach.
- ___ Prevent falls from changing tables, beds and other high surfaces with safety straps or guard rails.
- ___ Make sure the toy chest has a lightweight lid, no lid, or a safe closing hinge.

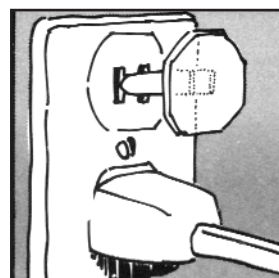
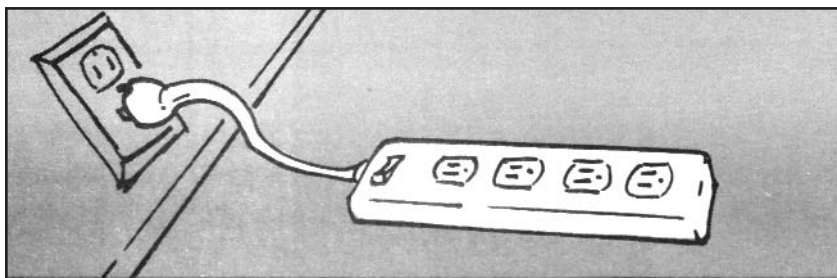


THROUGHOUT THE HOUSE

- ___ Tack down small rugs and runners, or choose slip resistant rugs.
- ___ Clear all high-traffic areas, especially hallways and passageways between rooms. Check for obstructions such as furniture and boxes, and make sure these areas are well lit.
- ___ Do not place electrical, telephone or other wires or cords in walkways through the room.
- ___ Post emergency numbers on or near each telephone.
- ___ Caulk and seal openings to keep mice and other pests from entering the home.
- ___ Consider not smoking inside the home, especially if any residents are children, pregnant, or have respiratory problems.
- ___ Supply enough fresh air throughout the house to prevent moisture buildup and remove stale air. Make sure at least one window in each room opens.
- ___ Look for and correct any damp areas in the home which can attract pests or allow mold to grow. Repair roof and plumbing leaks, and discard damp rugs, furniture and building materials. Clean up any standing water, such as the refrigerator drip pan and areas under leaky sinks.
- ___ Vent clothes dryers to the outdoors using a flexible metal vent. Remove lint from the dryer after every use to prevent fire, and clean dust and lint from the vent every six months.
- ___ Install a carbon monoxide detector and smoke detectors according to the manufacturer's directions.
- ___ Check your smoke and carbon monoxide detectors twice a year to be sure they're working properly; clean them both times to keep dust from interfering with the sensor. Use a vacuum cleaner hose or hair dryer to remove dust and debris that may have settled inside the alarm.
- ___ Have your gas or oil company or an experienced professional inspect your heating and gas appliances each year.
- ___ Clean your heating vents and/or registers regularly.
- ___ Do not disturb painted surfaces which may contain lead paint without first taking proper precautions. Use a remodeling method that minimizes the amount of lead dust.

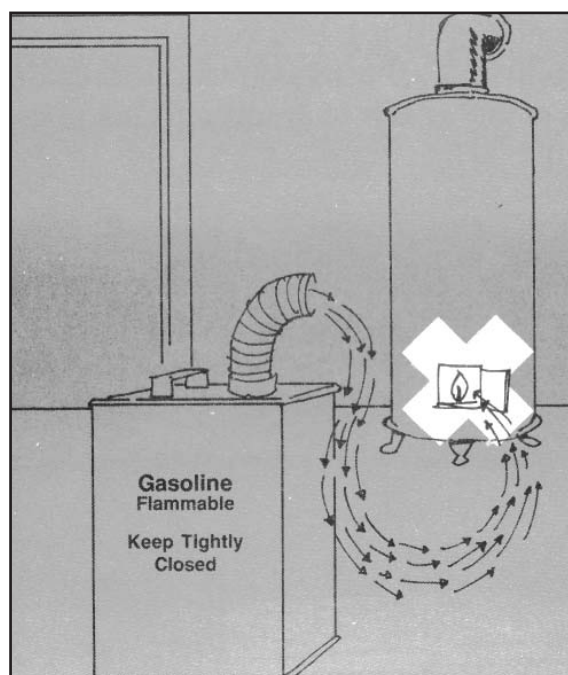
ELECTRICAL SAFETY

- ___ Do not run cords beneath furniture or rugs.
- ___ Check electrical cords for fraying or cracking, and repair or replace them.
- ___ Be careful when using extension cords. Overloaded cords can start a fire. Too many items on a cord can overload it, and some appliances should only be used with thicker, heavy-duty cords.
- ___ For added protection, use Ground Fault Circuit Interrupter (GFCI) power strips for multiple outlets instead of extension cords.
- ___ Be sure all outlets and switches have cover plates.
- ___ Use plastic “shock-stop” outlet plugs in all unused electrical outlets if there are toddlers in the house; keep electrical cords out of the reach of small children.
- ___ Never nail or staple wiring to walls or baseboards.
- ___ Use only the sizes and types of light bulbs recommended by the manufacturer for lamps and fixtures so they do not overheat.
- ___ Keep a bulb in all light fixtures (even a burned-out bulb) to reduce the risk of electric shock.
- ___ Place electrical space heaters away from furniture and curtains. Never leave a child alone in a room with a space heater. Be sure they are properly grounded (three-prong plug) and are connected directly to wall outlets.
- ___ If fuses are used, always use the correct size for the circuit. Never use coins. The fuse box should be labeled. If it’s a 15-amp circuit, use only a 15-amp fuse. Anything higher is a fire hazard.



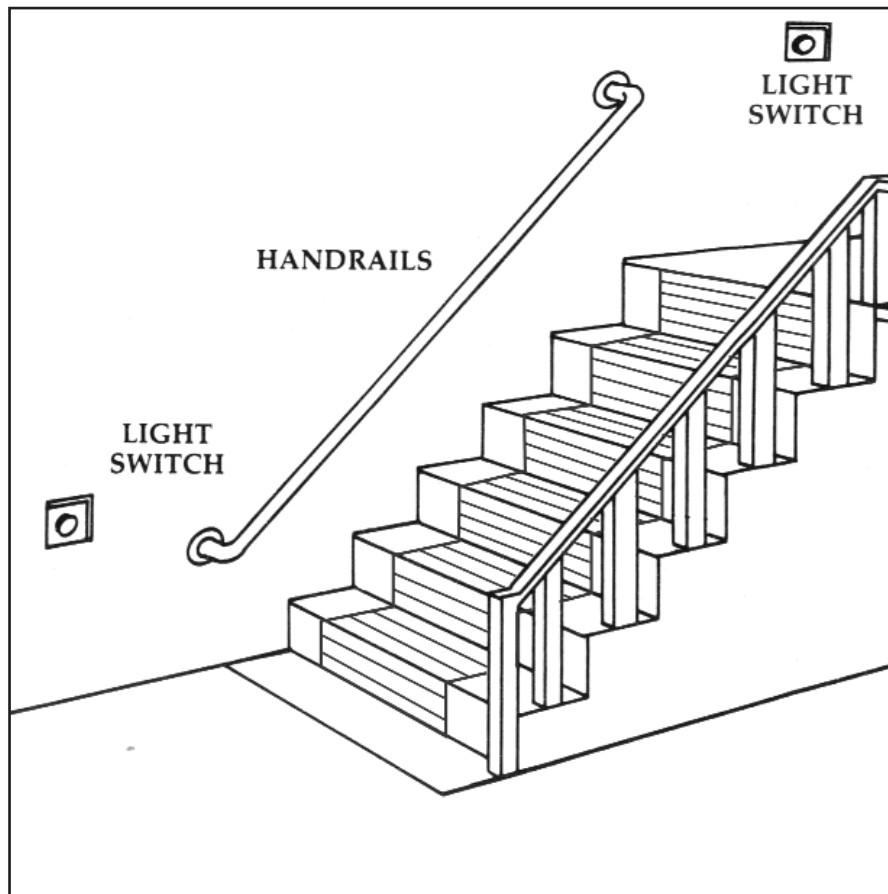
IN THE BASEMENT/GARAGE/LOWEST FLOOR LEVEL

- ___ Install a carbon monoxide detector.
- ___ Test for radon levels. To learn how to test and keep radon below the level of concern, call your local health department or the NYS Health Department.
- ___ Seal utility openings and sump pits to reduce radon and pest infiltration.
- ___ Dry out wet basements to lower the chance of coughs, colds or allergies from molds and mildews.
- ___ Do not disturb asbestos insulation; plan home remodeling projects so that asbestos and lead-based paint are not disturbed.
- ___ Place lights so they can be turned on without walking through a dark area.
- ___ Be sure all work areas are well lit.
- ___ Properly ground all power tools (three-prong plug) and make sure they have guards in place. Always follow the manufacturer's directions when using power tools.
- ___ Have and use protective eyewear when running power tools.
- ___ Store household chemicals, including pesticides and pool chemicals, out of the reach of children.
- ___ Keep containers of volatile liquids, such as paints and cleaning solvents, tightly capped. Store them away from ignition sources, such as furnaces and water heaters; never use them near these sources.
ALWAYS STORE GASOLINE IN A CONTAINER LABELED FOR GASOLINE USE, AND NEVER IN THE HOME!
- ___ Use latches to keep small children out of the garage and basement where many dangerous items are often stored.



ON STAIRWAYS

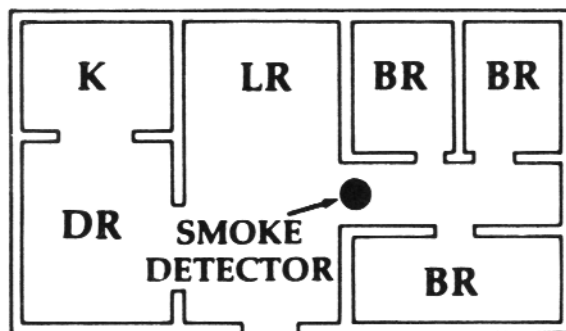
- ___ Use toddler gates at the top and bottom of stairs if there are small children. Old-fashioned, “accordion-style” gates should not be used.
- ___ Never store items on the stairway, even temporarily.
- ___ NEVER leave items with wheels (walkers, skates, toy trucks) near the tops of stairs.
- ___ Use light switches at both the top and bottom of staircases; make sure the stairs are well lit.
- ___ Use sturdy handrails fastened securely on both sides of the stairway. They should run continuously from the top to the bottom of the stairway.
- ___ Be sure that steps allow firm footing; with no worn treads or loose carpeting. Steps should be even and of the same size and height.
- ___ Make sure the edges of steps are easy to see.



FIRE SAFETY

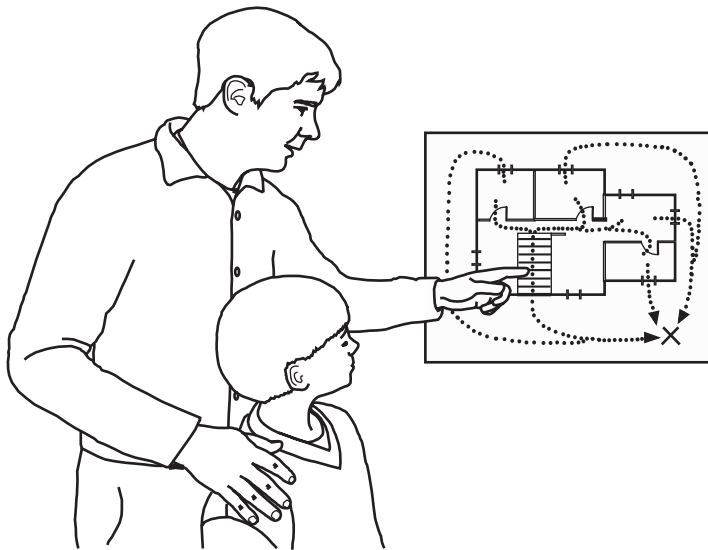
- ___ Install at least one smoke detector on every floor of the house, including one near each sleeping area. Do not place one in the kitchen.

SINGLE LEVEL



- ___ Check your smoke detectors twice a year to be sure they're working properly; clean them both times to keep dust from interfering with the sensor. Use a vacuum cleaner hose or hair dryer to remove dust and debris that may have settled inside the alarm.
- ___ Install special smoke detectors (strobe lights) for the hearing-impaired if needed.
- ___ Teach all family members, including children, how to "stop, drop and roll" to put out flames if clothes catch fire.
- ___ **ALWAYS** keep matches and lighters out of children's reach.
- ___ Safely dispose of matches, lighters and butts. (Remember, cigarette smoking is unhealthy for **EVERYONE** in the house, including children!)
- ___ Place small heaters and stoves where they can't be tipped over, and away from furnishings and flammable materials such as curtains and rugs.
- ___ Use space heaters according to the manufacturer's instructions for safe installation, operation and maintenance.
- ___ Comply with fire codes in your community when placing space heaters.
- ___ Make sure space heaters are inaccessible to small children.

- ___ Have an emergency exit plan and **AN ALTERNATE ROUTE** mapped out in case of fire, and practice it regularly with the whole family.



- ___ In case of a fire, crawl out. Smoke is pushed up, and is more deadly than fire.
- ___ Keep towels, curtains and other flammable materials away from space heaters, stoves and fireplaces.
- ___ If you heat with wood, be sure woodburning equipment is installed properly, inspected often for buildup and debris, and inaccessible to small children.
- ___ Inspect and clean your chimney every year.
- ___ Have electrical wiring installed or inspected by a professional electrician.

HOME SECURITY

- ___ Make sure the outside of your home is well lit.
- ___ Be sure locks are secure.
- ___ Consider using dogs to help watch your home.
- ___ Participate in your community's neighborhood watch program.
- ___ Firearms in the home can injure a family member as well as an intruder. If you decide to keep a gun in your home, take these precautions: attend a firearm safety course; store the gun unloaded and disassembled; use a trigger lock; keep the gun in a locked drawer or cabinet; keep the key out of children's reach; and keep ammunition in a separate, locked place.

IN THE YARD

- ___ Wear gloves or wash your hands after yard work or handling bird feeders, especially before handling food.
- ___ Use a floor mat at each entry way to catch dirt from shoes.
- ___ Provide lighting for entry and exit after dark.
- ___ Keep walkways level and clear of ice and snow.
- ___ Keep all stairs, protective walls, railings, porches and balconies in sturdy condition and good repair.
- ___ Install safety railings on decks, porches, and other areas where children can fall.
- ___ Remove dead or dying trees that could lose limbs or fall during storms.
- ___ Identify and remove bee/wasp nests and poisonous plants (such as poison ivy).
- ___ Use ground fault circuit interrupters (outlets with reset buttons) for outside use.
- ___ All in-ground swimming pools must be fenced, at least four feet high with self-closing, self-latching gates. Access to above-ground pools must also be limited. Check with your building inspector about ways to protect your above-ground pool. If you have young children, be certain other pools in the neighborhood are also protected.
- ___ Never swim alone or unsupervised. Learn CPR if you have a pool.
- ___ Securely anchor swing sets and jungle gyms. Use low-impact foundation materials – such as pea gravel, wood mulch or chips – and choose sets with rounded edges. Check equipment regularly and repair as needed. Always supervise children when they are using equipment.
- ___ Keep sandboxes covered to keep cats and other animals from using them as a litter box.
- ___ Seed bare spots on the lawn or cover with sod.
- ___ Reduce the number of mosquitoes by getting rid of pools of standing water (old tires, birdbaths, rain gutters, etc.)

EXTRA TIPS FOR HOMES WITH SMALL CHILDREN

- ___ Block children's access to windows, and be sure they have window guards.
- ___ Keep small items and foods that could choke a child out of reach.
- ___ Keep pocketbooks with potentially dangerous items, such as medicine, vitamins, birth control pills, cigarettes, matches and lighters, jewelry and calculators (which contain easy-to swallow, poisonous batteries) out of children's reach.
- ___ Keep lead-based paint in good condition – chipping or peeling paint is a hazard for young children. Use safe paint removal practices.
- ___ Keep all plants out of children's reach (some plants, such as poinsettia, azalea, caladium, rhododendron, philodendron and mistletoe are poisonous).
- ___ Buy cleaners in child-resistant packaging whenever possible; do not transfer to other containers. Never store non-food items such as cleaners or bleach in food containers.
- ___ Post the number for a local poison control center on or near the telephone.
- ___ Have syrup of ipecac in the house – just in case it's needed to induce vomiting (ipecac should **not** be used until a poison control center or physician has been consulted).
- ___ In the car, buckle children under the age of 12 in the back seat, away from the air bag. Use car seats and booster seats for younger children as appropriate.
- ___ Keep bicycles in good repair, with adequate brakes and reflectors, and a working light or reflective clothing for night-time riding.
- ___ Be sure that all bicyclists wear helmets that meet the Consumer Product Safety Commission standards for every ride.
- ___ Carefully consider how a new pet and a small child might react to each other.
- ___ Empty cleaning buckets, wading pools, and any other containers that can hold water. Young children can drown in even tiny amounts of water.



IN THE EVENT OF AN INJURY OR POISONING

Don't wait for an emergency to start looking for the proper phone number! Find out what emergency numbers to use in your community, and post them near each phone in the house! If you have "911" available, they will contact fire, police, ambulance, or a poison control center if appropriate. If there is no 911 in your community, find the poison control center that serves your county from the following list and add its number to your list of local fire, police, doctor and ambulance numbers. You can also call **1-800-222-1222** from anywhere in the country to be connected to the nearest available poison control center.

CENTER	COUNTIES SERVED			
New York City Poison Control Center Bellevue Hospital Center 455 First Avenue, Room 123 New York, New York 10016 (212) 340-4494 (212) POISONS (764-7667)	Bronx Kings New York Queens Richmond			
Long Island Poison Control Center Winthrop University Hospital 107 Mineola Boulevard, 2nd floor Mineola, New York 11501 (516) 542-2323 (516) 663-2650	Nassau Suffolk			
Western New York Poison Control Center Children's Hospital of Buffalo 219 Bryant Street Buffalo, New York 14222 (800) 888-7655 (716) 878-7654	Allegany Cattaraugus Chautauqua	Erie Genesee Niagara Orleans Wyoming		
Finger Lakes Regional Poison Control Center Strong Memorial Hospital, Univ. of Rochester 601 Elmwood Avenue, Box 321 Rochester, New York 14642 (800) 333-0542 (716) 273-3232	Chemung Livingston Monroe Ontario	Schuyler Seneca Steuben Wayne Yates		
Central New York Poison Control Center University Hospital, Upstate Medical Univ. SUNY Health Science Center 750 East Adams Street Syracuse, New York 13210 (800) 252-5655 (315) 476-4766	Broome Cayuga Chenango Cortland	Herkimer Jefferson Lewis Madison Oneida	Onondaga Oswego St. Lawrence Tioga Tompkins	
Hudson Valley Poison Control Center Phelps Memorial Hospital Center 701 North Broadway Sleepy Hollow, New York 10591 (800) 336-6997 (914) 366-3030	Albany Clinton Columbia Delaware Dutchess Essex Franklin Fulton	Greene Hamilton Montgomery Orange Otsego Putnam Rennselaer Rockland	Saratoga Schenectady Schoharie Sullivan Ulster Washington Warren Westchester	



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